

What can I do in the Meantime?

- **Learn** more about PTSD (<http://www.ptsd.va.gov/index.asp>)
- **Reach out** to other vets (<http://maketheconnection.net>)
- **Talk** to your mental health **provider** or a chaplain or other spiritual leader.
- If you are having a mental health **emergency** (like wanting to hurt yourself or someone else), please go to your nearest Emergency Room, or call **911**, or call the **Veterans Crisis Line** available 24/7 at 1-800-273-8255 (Spanish/Español 1-888-628-9454). Veterans press "1" after you call.

How can I find out more?

Call, visit, or go to our web page:

http://www.centraltexas.va.gov/services/PTSD/PTSD_Outpatient_Programs.asp

Central Texas VA offers PCT clinics in Waco, Temple, and Austin. If you do not live within a reasonable driving distance of these cities, ask about other options such as videoconferencing, Vet Centers, or VA Community Based Outpatient Clinics (CBOCs) nearer to you..



Our Mission

Our Servicemembers and Veterans have sacrificed to keep our country—and everything it represents—safe.

We honor and serve those men and women by fulfilling President Lincoln's promise *"to care for him who shall have borne the battle, and for his widow, and his orphan."*

We strive to provide Servicemembers and Veterans with the world-class benefits and services they have earned, and will adhere to the highest standards of compassion, commitment, excellence, professionalism, integrity, accountability, and stewardship.

**Thank you for your service.
Now let us serve you.**



<http://www.centraltexas.va.gov/services/PTSD.asp>

Waco PCT Clinic
Building 7 (116/PCT)
4800 Memorial Drive
Waco, TX 76711-1329
Phone: 254-297-3538



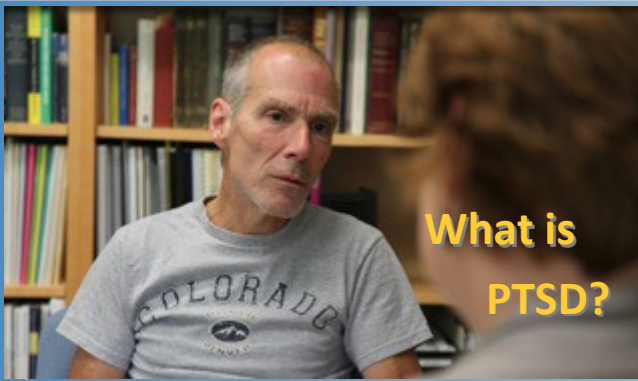
Posttraumatic Stress Disorder Clinic Team

PCT

EFFECTIVE PTSD TREATMENT



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What is PTSD?

Posttraumatic Stress Disorder (PTSD) is an **anxiety** disorder that sometimes affects people who have experienced a **life-threatening** event. PTSD symptoms can disrupt daily life, and include re-experiencing the event, emotional distancing from other people or feeling emotionally **numb**. Other symptoms include being irritable or quick to anger, **trouble sleeping**, fearfulness, substance abuse, and feelings of panic. PTSD can affect a person's job, health, **relationships** with other people, and their spiritual life.

What is "PCT"?

The PTSD Clinic Team (**PCT**) is a specialty mental health clinic designed to help you deal with war-related traumas and to recover from combat-related PTSD.

The PCT uses current, proven therapies like Cognitive Processing Therapy (**CPT**) to help you to **heal** from combat or combat-related experiences so you can get back to your life. We teach you healthy behaviors and **coping** skills. If medicine becomes necessary we will prescribe non-addictive medicines to help you sleep better and to improve your mood.

What is the program like?

First you will meet with a PCT provider who will talk to you individually about what kinds of problems you are having and about what you need in order to live the kind of life you want to live. He or she will then recommend groups and therapies based on your **individual** needs. Your treatment will **grow** and evolve as your life circumstances change and as you begin to meet the goals you have set for **yourself**.

Our primary treatment is the evidence based therapy **CPT**, delivered in a small group of vets who can offer one another **support** and a peer's perspective. The program also includes **educational** groups and skills-building groups with focus on managing **anxiety** and irritability, and on repairing the damage PTSD symptoms can create in **relationships** with family and friends.

With your commitment to **change** and grow, and our professional **expertise**, we believe that all vets with PTSD can **recover** quality of functioning physically, psychologically, spiritually, and **socially**.



How long will PCT see me?

About six months, more or less, depending on your **needs**.

How can I get into PCT?

If you have **never** been seen at a Central Texas VA hospital or **clinic**, contact the Primary Care area at the VA nearest you to **enroll**. A list of Central Texas VA facilities may be found on our web site listed on the back of this **brochure**.



If you are **already** using Central Texas VA medical services, ask your **provider** to make arrangements for you to be seen in the PCT. Our staff will **contact** you for an appointment to talk about your goals for treatment and to make sure that PCT is the **best** way to help you **reach** those goals.

What else should I know?

You are **not** alone. Veterans Health Administration delivers world-class health care that is tailored to the unique **needs** of Veterans through specialized research, mobile **technology**, and patient-centered care.

